



**Lifetrack Children's Therapies Clinic** helps children become healthy and resilient. We identify children's unique needs and build individualized plans to serve them best. At Lifetrack, you can expect a welcoming place where you and your child feel safe, cared for, and supported.

Childhood can be a challenging and confusing time. Our experienced, licensed mental health therapists can help children through an array of concerns, including depression, anxiety, dealing with family changes, traumatic events, attention difficulties, and parent-child conflicts.

Our team of fully licensed occupational therapists and ASHA-certified speech-language pathologists specialize in treating children with a variety of needs, including children with Fetal Alcohol Spectrum Disorders, Autism, Down Syndrome, Cerebral Palsy, Cleft Lip/Palate, etc.

### Family-Centered Approach

Lifetrack offers an integrated approach that includes parents, caregivers and other professionals involved in the child's life.

### 70 Years of Experience

For almost 70 years, Lifetrack has provided therapy services to our community. Our team can offer the kind of expertise your family can trust.

Lifetrack is a private, nonprofit organization that provides therapy services to families on a sliding scale, based on a family's ability to pay. We accept most major insurance plans.



Lifetrack Children's Therapies Clinic  
709 University Avenue West  
Saint Paul, MN 55104

## Services

### Mental Health Therapy

We help children and their parents cope effectively with difficult situations.

Helps with: social stressors, interpersonal skills, self-regulation, coping with feelings, etc.

### Speech/Language Therapy

We help children become effective communicators and language learners.

Helps with: articulation delays, phonological disorders, voice/vocal problems, stuttering/fluency, language delays, etc.

### Occupational Therapy

We help children perform daily functions independently.

Helps with: fine motor skills, visual perception, visual motor skills, sensory integration, etc.

## Make an appointment today!

Call us at 651-265-2348 or email [SallyA@Lifetrack-MN.org](mailto:SallyA@Lifetrack-MN.org).

[www.Lifetrack-MN.org/Therapies](http://www.Lifetrack-MN.org/Therapies)